

MAR 10 2015

SENATE CONCURRENT RESOLUTION

REQUESTING THE DEPARTMENT OF HEALTH TO PROMOTE MENTAL HEALTH
FIRST AID TRAINING THROUGHOUT THE STATE.

1 WHEREAS, according to certain studies, one in five
2 Americans are diagnosed with a mental illness; and
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4 WHEREAS, individuals with mental illness are often
5 reluctant to get help or do not know where to turn for care; and
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7 WHEREAS, the symptoms of mental illness can be difficult to
8 detect, even for friends and family who may know something is
9 amiss but do not know how to intervene; and
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11 WHEREAS, individuals who need mental health services often
12 do not receive timely services; and
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14 WHEREAS, mental health first aid is a public education
15 program that can help the community understand mental illness,
16 support timely intervention, and save lives; and
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18 WHEREAS, mental health first aid training is an in-person,
19 eight-hour training that introduces participants to risk factors
20 and warning signs of mental health concerns, builds
21 understanding of the impact of mental health issues, and
22 overviews common treatments; and
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24 WHEREAS, participants in the training learn a five-step
25 action plan to help individuals developing a mental health
26 problem or someone in crisis connect with professional, peer,
27 social, and self-help care; and
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29 WHEREAS, the action plan learned in mental health first aid
30 training can be applied in many situations including when
31 someone is experiencing a panic attack, suicidal thoughts or
32 behaviors, nonsuicidal self-injury, acute psychosis, overdose or



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1 withdrawal from alcohol or drug use, or reaction to a traumatic
2 event; and

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4 WHEREAS, mental health first aid teaches about recovery and
5 resiliency, instilling in participants that individuals who
6 experience mental health challenges can and do get better and
7 use their strengths to stay well; and

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9 WHEREAS, mental health first aid training offers concrete
10 tools for helping individuals with mental illness, connects
11 individuals to resources, and uses role-playing and simulations
12 to demonstrate how to assess a crisis, select an intervention,
13 and provide initial help; now, therefore,

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15 BE IT RESOLVED by the Senate of the Twenty-eighth
16 Legislature of the State of Hawaii, Regular Session of 2015, the
17 House of Representatives concurring, that the Department of
18 Health is requested to promote mental health first aid training
19 throughout the State within the next two years; and

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21 BE IT FURTHER RESOLVED that mental health first aid
22 training be offered to:

- 23
24 (1) Health, human services, and social workers;
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26 (2) Employers and business leaders;
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28 (3) Faith community leaders;
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30 (4) College and university staff and faculty;
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32 (5) Law enforcement and public safety officials;
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34 (6) Veterans and their family members;
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36 (7) Persons with mental illness or addiction and their
37 families; and
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39 (8) Other caring citizens; and
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41 BE IT FURTHER RESOLVED that the community recognize its
42 role in helping people who experience mental illness get



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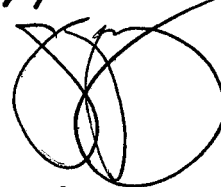
1 necessary services by learning about the signs and symptoms of
2 mental illness; and
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4 BE IT FURTHER RESOLVED that the Department of Health
5 consider the importance of youth mental health first aid to
6 discuss the specific mental health challenges that youth
7 struggle with as well as mental health first aid training on all
8 islands and in rural communities due to the chronic shortage of
9 behavioral health providers and limited access to services in
10 rural areas; and
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12 BE IT FURTHER RESOLVED that the Director of Health is
13 requested to submit a report to the Legislature on the impact of
14 mental health first aid training no later than twenty days prior
15 to the convening of the Regular Session of 2017; and
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17 BE IT FURTHER RESOLVED that a certified copy of this
18 Concurrent Resolution be transmitted to the Director of Health.
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OFFERED BY:

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